

FLA Lightning and Bantam Rules – Fall 2023

The absolute goal of the Bantam and Lightning age groups within the FLA is to develop lacrosse skills and lacrosse “IQ” in preparation for playing lacrosse at higher levels. The object is to create a FUN ENVIRONMENT conducive to learning and enjoyment for EVERYONE involved. The FLA is a recreational and instructional league. We always have been and always will be. There are clubs to join and play for if you feel your players are ready for a more competitive endeavor such as weekend/holiday/summer tournaments.

GAME FORMAT:

- Both Bantam and Lightning are played with a 7 v 7 format. 1 goalie, 2 defense, 2 midfielders and 2 attack. All teams MUST always have a properly equipped goalie on the field. (moving 10 u to a full field format is worthy of a discussion.)
- No long poles allowed. **It does not matter that both coaches agree. No long poles** - Two-18-minute running time halves will be played. There is a 5-minute half time. - There is one time out per team per half. They do not accrue. Use the time out or lose it. Clock stops on the time outs.
- Referees will be keeping game time and penalty time on the field. There is no central horn. - There may be 1 (ONE) coach on the field allowed. It is not required that the coach be on the field, but it is an option should you choose.
- There shall be a MAXIMUM of 3 coaches for each team. The coaches are limited to the bench area of their respective team. Coaches shall not be in the special substitution area unless a substitution is imminent and the coach does not interfere with the play of the game, the game officials or the other team. The substitution box shall remain empty except for any players that are serving a penalty (Lightning division only) or any players that are imminently entering the game on a substitution.

REQUIRED EQUIPMENT:

- All players must wear equipment specifically designed for lacrosse. This shall include Helmet, mouthpiece, stick, gloves, shoulder/chest pads, elbow pads and protective cup. Rib pads and cleats are optional but recommended.
- In addition to the above; Goalies shall have a properly affixed throat guard and a Goalie stick.

CHECKING:

- THERE IS NO INTENTIONAL BODY CHECKING AT ANY TIME FOR BANTAM OR LIGHTNING. Incidental contact in lacrosse is inevitable but is NOT a penalty.

- The following CONTROLLED stick checks are permitted: o

1. "Poke" checks
2. "Lift" checks
3. "slap" checks on a limited basis provided there is no "wind up."

- All checks must make contact with the stick or the gloves that are holding the stick.

- Sole contact with any part of the body other than the gloves will result in a "slash" call.

- All one-handed checks at the Bantam/lightning levels are prohibited and will be called a "slash."

GAME PLAY:

- There shall be 3 defensive players in the defensive half of the field AT ALL TIMES.

- There shall be 2 offensive players in the offensive half of the field AT ALL TIMES.

- Goalie may cross the midfield line at any time provided there is a "middie back" to keep your team "ON SIDES."

- If an offside is called on the team with the ball, then play will stop and we will award possession to the other team.
- If a team has possession of the ball and an offside is called against the team without the ball a flag will be thrown, and play will continue until the offended team is not making a scoring attempt or the ball hits the ground. At that time, play will be suspended, the field will be reset properly and the team in possession will maintain possession.
- Players shall not step into the opponent's crease, but they can step into their own goalies crease. Players may reach into the crease to get a loose ball that is inside the crease, but players cannot step in the opposing team's crease or contact the opposing goalie while the goalie is in the crease. If the goalie comes out of the crease, then his crease privileges are suspended, and he can be played like any other player.
- There is a **VERY LIBERAL** 4 second count for the goalie when he has possession of the ball inside the crease. The goalie must run or pass the ball out of the crease within 4 seconds. Failure to do so will result in a turnover.
- A goalie may come out of the crease to get a loose ball or to clear the ball.
COACHES, PLEASE KEEP YOUR GOALIES IN THE CREASE TO DIRECT HIS PLAYERS AND NOT PLAY DEFENSE.

FACE OFFS –

- Each game shall start with a face off. The second midfielder needs to be on a "wing." They do not have to be on the same wing. All other players are to start behind the GLE (Goal line extended) until the whistle is blown
- After every goal there will be a faceoff. - At the Start of every half for both B and L play will begin with a faceoff irrespective of any Mercy rule or time serving penalties that is in effect at the end of the first half.
- When there is a MERCY RULE in effect (which is a 4-goal differential in the score) the team that is behind in the score has the option of facing off or taking possession of the ball at midfield. Mercy Rule is off once the score differential goes below 4 goals.

PENALTIES –

- Rules of the game are the same at every level. Flags will be thrown, and play will be stopped according to US Lacrosse/NFHS rules. **However, there will be NO MAN ADVANTAGE at the Bantam level.** The offending player will be removed from the game and a substitute will enter the game for him. It is imperative that a bench coach explain to the penalized player what he did wrong and how to correct the action.

-At the Lightning level flags will be thrown and penalty time will be served by the offending player. 30 seconds for a technical foul and 1 minute for a personal foul. The game officials have the discretion to enforce personal fouls by awarding multiple **minute fouls and/or a game ejection if the penalty is egregious enough to warrant such action.**

- At the Lightning level All penalties are time and a half because of the running clock. Ex: 30 second technical push with possession foul is 45 seconds. One minute slash is 90 seconds. Referees keep the penalty time.

SUBSTITUTIONS –

- Any player can be substituted for at any time during the game. Make certain that the player coming off the field is COMPLETELY off the field of play before the substituting player goes on the field. ALSO, please make sure that your team stays ON SIDE when you substitute.

PASSES BEFORE SHOOTING ON GOAL –

- PASSES BEFORE SHOOTING ON GOAL ARE NOT REQUIRED THIS SEASON AT THE BANTAM OR LIGHTNING LEVELS.

- HOWEVER.....when there is a 4 goal differential in the score the team that is ahead at the Lightning level shall make 2 completed passes in their OFFENSIVE HALF before shooting. Bantam shall make 1 completed pass in their OFFENSIVE HALF before shooting.

RULES FOR COACHES

“A good coach can change a game. A great coach can change a life.” John Wooden

QUESTIONS ON THE RULES or REFEREES?

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